



District 5340

02/16/2018

Special Session: Helix HS Four-way Speech Contest



President Betty began meeting with club announcements after pledge and 4-way test, welcomed guests.

Janet was making the ground rules: Today there were few announcements because the time was reserved for the three speakers. This is the first of Rotary annual speech contests. The speakers were allowed to use their notes. By the time the winner of today's match reaches the finals, the speech will need to be memorized. Each speech needs to be specifically tied to the Rotarian's Four Way Test in each of the four tenets.

Helix High School contestants: Ivan Jimenez (Contestant A), Jonah Leota (Contestant B), Chase Osborn (contestant C), (all members of the debate team) Gregg Osborn, is their teacher, was present with them.



La Mesa Sunrise Rotary Leadership 2017-2018

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Credits and Acknowledgements

- Pledge: Diane Williams
- 4-way test: Isabel Alba
- Photos: Floyd Morrow
- Drawing: Not drawn this week

Minutes: Lynn DeHaven





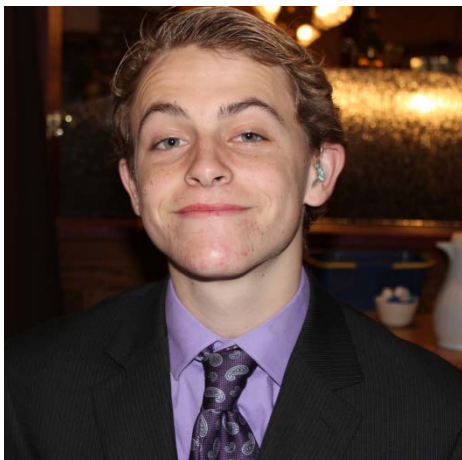
Contestant A’s speech was about “Humor” and how it provides significant psychological benefits for well-being, academic achievement and workplace harmony. Trudging through life can be more like slogging through life’s daily challenges without humor. Humor is shown to be a mood-elevator, and people who are happy have shown improved academic achievement. Humor is funny when a person has a connection to the jokes subject. It makes funny, life’s awkward situations. In the workplace, joke tellers are often perceived as confident and intelligent. Their humor, in turn, allows good treatment and therefore positive evaluations, frequently. Is it fair? Well, joke-tellers see improved performance benefitting themselves and the company too. Is it beneficial?

Someone who can cast a funny, sarcastic outlook on a known situation seems to be better at problem solving because they see things in a different light. They tend to be more creative and able to solve logic puzzles more easily. They facilitate better working- together atmospheres. This, in turn, builds better friendships and general goodwill. Both the workers and the company can only benefit from the resulting light-hearted and willing-to-help atmosphere. (Ivan Jimenez) (first place, \$100)

Contestant B’s speech addressed **the benefits of being considered a nerd, or weird**, because you spend your time being unconventionally. If you do seem a bit unconventional to others it’s not a bad thing because you are not, pursuing, as many others do, money, fame, or social status. You don’t need validation by those standards. If you pursue your own interests, and develop them, become an expert in them you may, incidentally, achieve those ideals. We all spend about one third of our time on earth sleeping. So, with the other two thirds time you really shouldn’t spend that time pleasing others. The truth is, you first, need to choose your own standards and work to gain satisfaction with what you like to do and what develops you. You’ll be happier and a better person and that is fair to all around you. As you re-wire your time you’ll become unique and a better friend. You’ll be original. If you do this the



money and social status will follow because you’ll be happy and you’ll enrich the lives of people around you. Everyone benefits then. (Jonah Leota) (Third place \$50)



Contestant C; **Football for the young and adults, needs to be made safer**. It becomes clearer, every day that the game of football, always a rough game that involves hard hits, and tackling is costing an increasing number of players a life-time of dealing with severe repercussions. CTE (Chronic Traumatic Encephalopathy) a brain injury that affects your well-being and how you feel, is a life-long injury from being hit so hard over a period of time. This is exacerbated by starting to play this game at a young age. Junior Seau’s suicide



highlighted this most eloquently. Here was a man who had everything going for him. He had done what he loved, done it well, and was retired and should have been enjoying the fruits of his labors. Yet, he was so depressed that he chose suicide over life. This contestant shared a number of alarming statistics that highlighted the increasing numbers of football players who suffer with this syndrome. Junior Seau was not an isolated case. The statistics prove the truth of the premise. Solutions could be to enact "The Pigskin Act". To be fair, of all the money that is earned from this game, a greater portion needs to be allocated for ongoing medical and psychological treatment to address these injuries beyond a players active playing time into his "retirement". This would build good will and better friendships by addressing former player's needs. Setting up rules to protect youngsters by not allowing young players to play the tackle form of the game until a certain age. They could have as much fun playing flag football. Their bodies need to develop. They need to build strong neck muscles to protect their heads. This would be beneficial to all concerned. (Second place \$75)

During the break it was announced that thanks to many people who went to help from the club, the Rotoactors, Interactors, students from Francis Parker school, people from El Cajon Sunset club, and those from the Unitarian church, the books donated from nearby school districts will be completely packed by this coming Wednesday. They still need to gather around 3 to 4 thousand dollars to pay for the shipping. The total cost is \$15,000. Then we'll have the second container filled with books on its way to Liberia where in some schools between 10 to 20 students sometimes share one book.

During the break a plea was made for Rotarians to continue to bring in food for food challenged students. The Rotoactors told us they always need donations for the food pantry that is maintained for SDSU food challenged students. The Interactors ask us to support the food pantry at Helix HS. We also support the Pantry at Diego Hills HS. Foods like power bars, fresh fruits, dried fruits, meals in a box that take not much preparation, peanut butter, canned juices, canned chili, tuna and so on are much appreciated. Peggy added that she has taken boxes of fresh fruit off her trees to the pantry at Southwestern College. So' food insecurity is clearly a very pervasive problem!!

Coming Events and Reminders

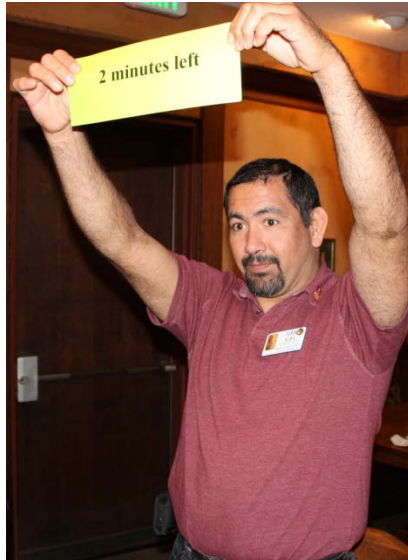
- March 24, 8:30-12:50, District conference at USD,
- April 14, Yard/Garage Sale at Manuela's house
- Ongoing donations to Polio Plus
- Daily items eg shampoo, conditioner for "Fern's Bags"

Upcoming Speakers:

- February 23rd - Gabriel Nunez on "The Happiness Advantage"
- March 2nd - Christina Meekers on "Adult Literacy Programs in La Mesa"
- March 16th - James Grisch from "Woodcrafters America"
- March 3rd - Rich Belmontez from CASA



Contest Judges: Ivan Alba, Elly Dotseth, Hugo Morillo, Jeff Hall and Lisa Berlanga



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La Mesa Sunrise Rotary * Meetings each Friday 7:15 am * Marie Callender's 6950 Alvarado Rd., SD, CA 92120s

Guests and Visitors

Kendall and Carrie Nakao (potential new members), Jim Clark (seasonal guest from Montana)



SDSU Rotaract Students (Dillon Daggs, Kinsey, Daraja Carol, Kaila Cooper, Arvan Aragon and Erick Ramirez all joined us from SDSU Rotaract, young, energetic and inspirational to see and hear about their accomplishments)



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